



# TGCA NEWS

MARCH 2024



## 2023-2024 TGCA OFFICERS



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Brock HS



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# TABLE OF CONTENTS

## FEATURE ARTICLES

### How Playing Multiple Sports Can be Beneficial

By Scott Mann  
TGCA 2nd Vice President

**PAGE 1**

### Tackling the Top 5 Sports Injuries Head On

BSN Sports

**PAGE 2**

### Kay Yow Cancer Fund

**PAGE 9**

## ALSO INSIDE

Soccer State Championships .....	3
Soccer Advisory Board .....	3
Sport Nomination Deadlines .....	3
TGCA Basketball State Championship Coaches .....	3
2024 TGCA Summer Clinic .....	4
TGCA All-Star Program .....	4
Summer Clinic Exhibit Information .....	4
TGCA Summer Satellite Clinics .....	4
AD&D Benefit .....	5
Sub-Varsity Committee .....	5
Track and Field Committee .....	5
TGCA Membership Renewal .....	6
General Nomination Instructions .....	7
Online Nomination Instructions .....	7
TGCA Career Victories .....	8
Sub-Varsity Years of Service .....	8
Important Dates .....	10
Update Online Profile .....	10
Sub-Varsity COY Nom Deadline .....	10
Sponsors .....	11

*cover photo courtesy Josh Munson*

*right photo courtesy Miranda Bussey*



# HOW PLAYING MULTIPLE SPORTS CAN BE BENEFICIAL

Scott Mann | Lorena HS | TGCA 2nd Vice President

Every young athlete faces the question of whether to specialize in a single sport or to diversify and pursue multiple. Each approach has its merits and drawbacks, but in the end, the evidence suggests that multi-sport athletes are better off, and more rounded athletes. Still, the pressure to specialize at a young age has never been stronger. Youth sport specialization nationwide continues to trend upward as young athletes and their parents attempt to forge a path to a college scholarship and push to play professionally.

## Many elite athletes play multiple sports

Specializing can afford young athletes more time and energy to devote to skill development in their single sport of choice, but as we'll see, the time spent focusing on a specific skillset can hinder an athlete's overall development instead of shooting them to superstardom. Specializing also poses a higher risk for overuse injuries and burnout.

What's more, many of the best athletes you know grew up playing multiple sports. According to the service Tracking Football, 233 of the 262 picks in the 2022 NFL draft played multiple sports in high school, that's 89%! . In 2023, it was 29 of the first 32 first round picks. A similar study, reported by the Sports Health journal, found that 20% of the NCAA's Division I female athletes had previously competed exclusively in their college sport. The overwhelming majority played at least one other in high school.

Those are eye-opening numbers. They suggest that multi-sport athletes may have a better chance at making it through to the highest levels.

## Benefits of multi-sport participation

But why might a college or professional coach see more value in the multi-sport experience? Why should young athletes and their parents prefer that approach? Consider some of the benefits:

•**Higher overall sports IQ.** Problem-solving skills carry over and compound from sport to sport.

•**Better understanding of competition and teamwork.** Competing on multiple teams improves sportsmanship and teaches young athletes to build positive relationships with different groups of people.

•**More fundamental gross motor skill development.** Each sport has its own unique range of motions, but they all require and build coordination, balance, flexibility, agility, and strength. Mastering more sport-specific techniques makes for more well-rounded athletes by correcting for asymmetries in their athletic toolkit.

•**More confidence.** It's simple: A wide range of skills is better for self-esteem than a small set. Multi-sport participation shows kids they're capable of gaining skills that seemed out of reach at first. This can carry over into other parts of their life.

•**Reduced risk for injury.** By allowing athletes to rest certain musculoskeletal groups during



off seasons—say, their lower legs during softball season and upper body during soccer season—the multi-sport approach can help keep athletes healthy. Overuse injuries are far more common in athletes who specialize.

But perhaps the strongest argument for multi-sport participation is that it prevents young athletes from experiencing burnout. Often, specializing in one sport comes with pressure and stress. It's thought that, by specializing, the young athlete should advance in their sport.

At that point, it's no longer about having fun; it's about success. That pressure to perform can inspire some young athletes to mentally check out or quit altogether.

## Let kids choose their sports!

There's nothing wrong with young athletes feeling motivated to perform better, but at the end of the day, very few of them — less than 1% actually — will make a career out of playing sports. First & Foremost, sports should be enjoyable for kids.

For most parents, the best approach is to encourage multi-sport participation and leave the choices to the young athlete. This could help keep kids in sports longer, which will benefit them later in life as they work among teammates and face real-world problems. Studies have also shown that multi-sport athletes are more likely than specialists to be physically active later in life.

So, if you're a parent, young athlete, or coach who's torn between single-sport specialization and multi-sport participation, just remember: Most young athletes gain more in the short and long run from playing multiple sports — even those with their sights set on college or professional athletics.



photo courtesy Josh Munson

# TACKLING THE TOP 5 SPORTS INJURIES HEAD ON



**BSN SPORTS**

When we think of playing sports, we often associate it with enjoyment, friendly competition, and staying fit. However, with the physical exertion and intensity often involved, sports also bring the risk of injuries. Some injuries are minor, while others may be serious enough to sideline you for a while. To continue to enjoy sports without interruption, let's tackle the top five common sports injuries head-on and discuss ways to prevent them.

## Understanding the Pervasive Problem of Ankle Sprains

Picture this: you're darting down the field, ready to make that game-changing play. But suddenly, you take a misstep, and your ankle twists in a way it's not meant to. That's the unfortunate reality of ankle sprains. They strike when your foot lands awkwardly, stretching or tearing the tough bands of tissue or ligaments that stabilize your ankle. This sort of mishap is prevalent in sports with plenty of running, jumping, and swift changes in direction. Think basketball, soccer, or tennis - the quick pivoting and rapid motions can all too easily lead to an ankle sprain.

## Counteracting the Dreaded Hamstring Strain

Imagine being in the middle of a high-speed sprint, your legs pushing you forward with all their might. Suddenly, you feel a sharp pull at the back of your thigh - you've just become

a victim of a hamstring strain. Your hamstrings are powerful muscles located at the back of your thigh. During high-energy activities, such as sprinting, skating, or even a forceful kick in a soccer match, these muscles can be stretched beyond their limits. This excessive force might cause them to strain, or in more severe cases, tear. A pulled hamstring can bring even the most athletic individuals to a standstill, underscoring the importance of proper warm-ups, gradual intensity increments in workouts, and adequate rest periods. To guard against hamstring strains, remember to keep your training progressive, giving your body ample time to adapt to new levels of stress and intensity.

## Overcoming the Menace of ACL Tears

The Anterior Cruciate Ligament (ACL) injury is a notorious adversary for athletes, especially those participating in sports that require sudden stops or rapid changes in direction. Ever taken a sharp turn during a football match, or landed awkwardly after a high jump in volleyball? Those actions can put tremendous stress on your ACL, a vital ligament in your knee that maintains stability and movement. An awkward landing or sudden halt can potentially stretch your ACL beyond its capacity, leading to a tear. And when it comes to skiing, the slopes are riddled with opportunities for such in-

juries. Therefore, ACL tears, while potentially devastating, are not invincible. A consistent routine of targeted strength training exercises that focus on your leg muscles, as well as practicing correct movement techniques, can offer a substantial defense against this formidable foe. Keep your athletic endeavors injury-free by learning to anticipate and prepare for the demands of your chosen sport.

## Tackling the Trouble of Tennis Elbow

Don't be fooled by the name; tennis elbow doesn't exclusively plague those who frequent the tennis court. This frustrating ailment arises from the overuse of arm muscles and tendons in repetitive movements, stretching the tendons that anchor your muscles to the bones in your elbow. It's a common adversary among baseball players, golf enthusiasts, and even avid computer users. This pesky injury, often indicated by pain or discomfort in the outer elbow area, is a testament to the perils of overexertion and insufficient rest. To dodge this setback, incorporate regular breaks into your routine, especially during activities that require prolonged, repetitive arm motions. Strengthening your forearm muscles can also be beneficial in preventing this condition. Remember, your body is your ultimate teammate - treat it with care, and it will reciprocate with stellar perfor-

mance.

## Fending Off the Frustration of Shin Splints

Ever had that throb running down the inner part of your shinbone after a rigorous run or dance routine? That, my friends, is the bane known as shin splints. They're most often the unwanted guests that arrive when you've suddenly amped up your workout game, taking on more miles or cranking up the intensity at a pace that your body hasn't had time to adjust to. They're notorious among distance runners, passionate dancers, and new military recruits. But before you consider hanging up your running shoes, there are ways to fend off this frustration. Start by easing into new routines or increases in intensity gradually, giving your body a chance to adapt. Also, wear shoes that provide good support and cushioning, especially if you're pounding the pavement for miles on end. Lastly, consider adding strength training for your lower legs to your workout regimen, which can help increase your resilience against this nuisance. Like with any sport, listen to your body and respond accordingly to keep shin splints at bay.



photo courtesy Stacy Tucker



photo courtesy Caroline Owen

# SOCCER STATE CHAMPIONSHIPS

**Birkelbach Field** Georgetown ISD Athletic Complex | **April 10-13, 2024**



photo courtesy Whitney Magness

### Tickets

Single Game (No Re-Entry) ..... \$15  
 All-Tournament..... \$35  
 Coaches All-Tournament..... \$30  
 (Tickets [Click Here](#))

### Parking

\$5/Day (Cash Only) \*Onsite Only

### Wednesday, April 10

Girls Conf. 4A Semifinal ..... 11:00 AM  
 Girls Conf. 4A Semifinal ..... 1:30 PM

### Thursday, April 11

Girls Conf. 5A Semifinal ..... 9:30 AM  
 Girls Conf. 5A Semifinal ..... 12:00 PM  
 Girls Conf. 4A Final ..... 2:30 PM

### Friday, April 12

Girls Conf. 6A Semifinal ..... 9:30 AM  
 Girls Conf. 6A Semifinal ..... 12:00 PM

### Saturday, April 13

Girls Conf. 5A Final ..... 11:00 AM  
 Girls Conf. 6A Final ..... 4:00 PM

## TGCA SOCCER ADVISORY BOARD

COACH	SCHOOL	CONFERENCE
Whitney Bernard	Canyon Randall	4A
Darin Dabelgott	Bay City	4A
Jimmie Lankford %	Frisco Wakeland	5A
Winston Pool \$	Cedar Park	5A
Jamie Tibbetts	Lake Belton	5A
Rebecca Christ	McKinney	6A
Melissa Garcia	Rockwall	6A

% - Chair & - Vice Chair

## 2023-24 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2023-24, they are as follows:

**Soccer** April 8, 2024  
**Track & Field** April 29, 2024  
**Golf** April 29, 2024  
**Tennis** May 13, 2024  
**Softball** May 20, 2024

## CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2024 UIL BASKETBALL STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONE.	COACH	SCHOOL	CONE.
Ryan Dollar	Newcastle	1A	Kurt Richardson	Shallowater	3A
Jay Bruce	Martin's Mill	2A	Ross Reedy	Frisco Liberty	5A

# 2024 TGCA SUMMER CLINIC

The 2024 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel June 24-27. **NOTE THE NEW DATES.** The agenda is being revised and will be posted to the website under the

“Summer Clinic” category in the menu on the left-hand side of the page as soon as it is finalized. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there. Hotel

Reservation Services will open in March. Membership renewal and Summer Clinic registration, as well as all Satellite Clinics, will open February 1st. We are working on finalizing times, venues, and agendas

for all of the satellite sports clinics, and we will have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2024 TGCA Clinics.

## TGCA ALL-STAR PROGRAM

All information is located on the TGCA website under the All-Stars tab in the menu across the top of the page, but here are some quick links:

- > [All-Star Itinerary](#)
- > [All-Star Game Schedule](#)

**2024 SUMMER CLINIC  
EXHIBIT WITH US**

**TEXAS GIRLS COACHES ASSOCIATION  
SUMMER CLINIC AND EXHIBITOR SHOW  
ARLINGTON CONVENTION CENTER  
June 25-26, 2024**

**10'X 8' BOOTH: \$450  
ADDITIONAL: \$400**

**ADVERTISE**  
AD space AVAILABLE!

**For questions or additional  
Exhibitor information please visit  
our website or contact:  
tgca@austingca.com  
(512) 708-1333**

**[www.austingca.com](http://www.austingca.com)**

## TGCA SATELLITE SPORTS CLINICS

TGCA will be hosting two Satellite Sports Clinics in 2024. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, www.austingca.com, under the “Forms” category and under the “Other Clinics” category, both located in the menu on

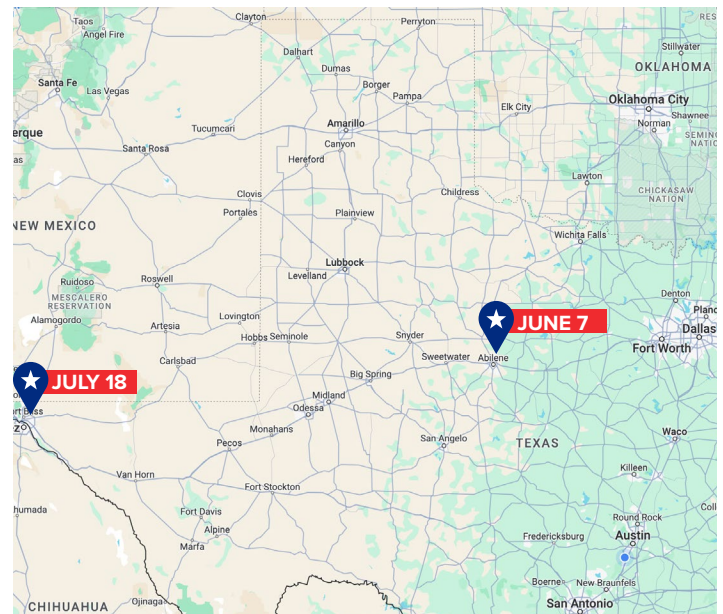
the left-hand side of the main page. We would encourage you to do your registration and membership renewal on-line. It’s easy, secure and time-saving. However, if you need to print the form(s), just click on the form you want to print, complete it and either snail mail with a check, or fax (512-708-1325) or email

([tgca@austingca.com](mailto:tgca@austingca.com)) with a valid credit card number. If you need assistance with the on-line process, or need your membership number or password, please just contact us and we will be happy to assist you. If you have changed schools, please contact us. You cannot do that on-line. Agendas for all

clinics will be available on the website when ready, and will be updated as speakers are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

**2024 REGION I & II ALL-SPORTS CLINIC**  
Abilene Cooper High School  
3639 Sayles Blvd.  
Abilene, Texas 79605  
June 7  
[Agenda](#)  
[Registration Form](#)

**2024 EL PASO ALL-SPORTS CLINIC**  
High School-TBA (Ysleta ISD)  
El Paso, Texas  
Date-July 18  
[Agenda](#)  
[Registration Form](#)



# TGCA ACCIDENTAL DEATH & DISMEMBERMENT BENEFIT

The Texas Girls Coaches Association in cooperation with American Income Life Insurance Company, is pleased to announce that we are providing additional benefits at NO COST to make your membership even more valuable! These benefits include:

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount

Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!

- Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild should ever go missing!
- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having

all of their critical information organized in one place.

Please check your mail for the letter regarding these new benefits!

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available.

American Income Life is an international company

licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/2014)

For more information on these benefits, please contact Arnaecia Alridge at 281-857-9325 or [ajalridge@aillife.com](mailto:ajalridge@aillife.com). To view the letter online, visit [aillife.com/benefits/sgM9W](http://aillife.com/benefits/sgM9W).

## TGCA SUB-VARSITY COMMITTEE % - Chair & - Vice Chair

COACH	SCHOOL	CONF.-REG.
Amber Parkhurst	Bushland HS	3A-1
Savanna Paiva	Brownfield HS	3A-1
Katlyn McCoy	Clyde HS	3A-2
Olivia Burnett	Colleyville Heritage HS	5A-3
Travis Jones	Springtown HS	4A-3
Arian May	Farmersville HS	4A-4
Gabriela Moore	Kilgore HS	4A-4
Jolie Basye	Hamshire Fannett MS	4A-5

COACH	SCHOOL	CONF.-REG.
Theresa Marquis	McCullough JHS	5A-5
Lee Essman Jr.	Navasota HS	4A-6
Maureen Marek \$	Bellville JHS	4A-6
Haley Garza	Gonzales JHS	4A-7
Jenna Lamb	Gonzales HS	4A-7
Barbara Burnett %	Llano HS	3A-8
Lindsey Chandler	Midland Greenwood HS	4A-8

## TGCA TRACK & FIELD COMMITTEE % - Chair & - Vice Chair

COACH	SCHOOL	CONF.-REG.
Kylee Valenzuela	Brownfield	3A-1
Jonathan Woodward	Amarillo	5A-1
Audrey Dunn	Big Spring	4A-2
Kevin Johnson %	Abilene Cooper	5A-2
Lyle Linscomb	Waxahachie Life	4A-3
Mike Pinkerton	Aledo	5A-3
Madeleine Harris	Kilgore	4A-4
J.B. Haggerty, Jr.	Marshall	5A-4
Terri Barlow	Leggett	1A-5
Stacy Tucker	Barbers Hill	5A-5
Jersey Gates	Navasota	4A-6
Shamaya Jones	Manor	6A-6
Julie Breedlove	Rio Hondo	3A-7
Melissa Dearth	Mission Sharyland	5A-7
Melissa Pump &	Christoval	4A-8
Gayla McMurrian	Odessa Permian	6A-8



# 2024-25 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2024-2025 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2023-24 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, [www.austintgca.com](http://www.austintgca.com), and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your member-

ship number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Membership Site, you will notice, on the left-hand side of the page, the categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add your coaching experience. You need to be sure and keep that up to date to build your on-line resume for the job board.

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer

Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is \$65.00 before June 15, and \$80.00 on or after June 15. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. **YOU MUST BE A MEMBER OF TGCA TO ATTEND ANY TGCA CLINIC.**

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an on-line security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) "I cannot read the code, please provide a new one" and right below the words (in black) "Please enter the security code above". You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the "Submit" button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk mail. Your school's filtering system may have sent it there. If you don't get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses. If you are using a school credit card with a different mailing address, your renewal may not go through.

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register

for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2024 in Abilene (Regions I & II) and El Paso. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Sports Clinics is \$80.00. This includes your 2024-25 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 if you have already paid the \$70.00 renewal fee for your 2024-25 membership.

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category "Membership Only". You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you **DO NOT** set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, [www.austintgca.com](http://www.austintgca.com), and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.



photo courtesy Josh Munson



# GENERAL NOMINATION INSTRUCTIONS

All nominations should be made on-line at [www.austintgca.com](http://www.austintgca.com), under the sport tab for which a particular nomination is made. Please do all nominations on-line and before the deadline. Cheerleading nominations are located on the Spirit page in the menu on the left-hand side of the page. All other nominations should be submitted through the Membership Site once you have logged in.

If your nomination was submitted correctly, you will receive a confirmation e-mail. You can check that your

nominations have gone through by logging on to the Membership Site, clicking on "Nominations" from the menu at the top of the page, and then clicking number five "Member Nominations Info". This will show you what nominations you have submitted. If you do not see your nominations there, they did not go through and must be done again. **WE STRONGLY ENCOURAGE YOU TO DO THIS AFTER YOU HAVE COMPLETED ALL NOMINATIONS.**

**PLEASE NOTE:** The TGCA sys-

tem does not interact well with Internet Explorer. We recommend you use Chrome or Firefox as your web browser, or something other than Internet Explorer, to make your nominations.

If you miss the on-line nomination deadline for your sport or cheerleading, you **MUST** print the proper form from the website under the "Bylaws" category and submit that form to your regional committee representative for submission to the appropriate committee. Your regional representative for the committees is listed on the

website under the sport category they pertain to. This should be done in all categories except Academic All-State.

Any nominations for Academic All-State must be submitted to the TGCA office on a form printed from the website if the on-line honors nomination deadline is missed. Instructions for nominating on-line, along with nomination guidelines, may be found under each specific sport tab on the website, and also under the Bylaws.

## INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations on-line. Please read these instructions and follow them precisely and your nomination should go through with no problems.

**PLEASE NOTE:** The TGCA system does not interact well with Internet Explorer. We recommend using Chrome or another browser other than Internet Explorer.

**1** Access the TGCA website at [austintgca.com](http://austintgca.com).

**2** Click on the "Membership Site" category in the menu on the left-hand side of the page.

**3** You will be required to log in at this point. Your user name will always be your TGCA membership number. That will never change. If you don't know your number, please contact us and we will be happy to give it to you. **PLEASE DO NOT MAKE YOURSELF A NEW MEMBER AND GET A NEW MEMBERSHIP NUMBER.** Your password, if you've not logged on to the system before, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password to your membership number, and you will need to go through the complete log in process over again, including resetting your password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number. We do not recommend using the "Forgot Password" link, as you will more than likely never see the response email. It is more often than not blocked by a security measure in place by your

school.

**4** Once you've completed the log-in process, you will access the home page of the Membership Site. In the tabs menu at the top of that page, click on "Nominations".

**5** Click on the "(6) Member Nominations Add" category in the menu on the left-hand side of the page.

**6** Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. PLEASE be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Next Step" button.

**7** Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). On Academic All-State, please be sure you click All-State for athletes and cheerleaders and not Academic All-State Support Staff. Support Staff would be for trainers, stat keepers, managers, etc. Next click the button "Next Step".

**8** Complete the form by typing in the information requested in the "Update" field.

**9** When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just

start to type the LAST name of the person it's named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For

for some reason, your form was not filled out correctly, you will receive an error message after clicking the "Submit" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the "Nominations" page and clicking on "(5) Member Nominations Info". If you do not see your nominations listed there, please contact us.



photo courtesy Susan Bailey

your nomination to appear correctly, it must have the name of the school, rather than your title. You may need to type the complete name of the school, including "High School" for it to populate. There are many, many schools with the same name, including junior highs and middle schools.

**10** Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, including stats, please do so in the large text box at the bottom of the page.

**11** When you have completed the form, please click the "Submit" button at the bottom of the page. If,

**12** You will need to follow these steps for each nomination of each athlete in each category that you wish to make. **For Academic All-State, you only need to list the GPA.** We do not need the honors section, as we only check for grade classification (senior) and the GPA, which must be 94 or above and must be submitted in that format, not on a 5.0, 4.0, etc. Any nominations submitted on the grade point only scale will be counted as nonvalid.

If you need assistance with any of this process, please contact us at [tgca@austintgca.com](mailto:tgca@austintgca.com), or call our office at 512-708-1333, and we will be happy to assist you.

# TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, track & field, softball, and cheerleading.

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports and cheerleading will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record, or point accumulation, and should be emailed or mailed to the TGCA office.

## VOLLEYBALL

Coaches will receive certificates when they reach their



photo courtesy Caroline Owen

300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

## BASKETBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

## SOCCER

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

## GOLF

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Golf points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 3 points for each regional qualifier
- 5 points for each individual regional champion
- 4 points for each state qualifier
- 10 points for each individual state champion

- 20 points for team regional championship
- 30 points for team state championship

## TRACK & FIELD, CROSS COUNTRY

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. *Note: Cross Country and Track & Field points must be totaled separately. Cross Country and Track & Field points are determined by the following system:*

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each area qualifier (relays: 2 points)
- 2 points for each regional qualifier (relays: 4 points)
- 3 points for each state qualifier (relays: 6 points)
- 15 points for team area championship
- 20 points for team regional championship
- 30 points for team state championship

## SOFTBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

## SPIRIT

Coaches will receive certificates when they reach the 300 or 400 point level. Plaque recognition begins at 500. Hall of Fame eligibility at 1,000 points. Spirit points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each Finals appearance
- 15 points for Best of Category win
- 30 Third Place Finish
- 40 Second Place Finish
- 50 State Champion

## WRESTLING

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Wrestling points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each regional qualifier
- 1 point for each dual victory
- 4 points for each state qualifier
- 20 points for team regional championship
- 30 points for team state championship

Deadline for submitting accomplishments is May 30  
Revised by vote of the Board of Directors March 2, 2014

## SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

Adopted by the TGCA Board of Directors at July 7, 2008 Meeting

Sub-Varsity coaches with five and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented

with a plaque at the Honor Awards Luncheon at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing

of the Texas Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or

softball. Sub-Varsity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year.

# KAY YOW CANCER FUND



Hi Everyone,

Wow! February was quite a month. As I reflect on all that happened, I am flooded with emotion.

Play4Kay swept across the country. Spearheaded by coaches, players, officials and fans of all levels, communities were united in the fight against all cancers affecting women. In addition to Play4Kay the

Fund hosted its annual Celebration Run/Walk and this year's event saw a record number of participants.

These activities brought hope, courage and strength to cancer warriors nationwide. Funds were raised to help provide access to quality cancer healthcare for under-resourced women and to support the development of cutting-edge, life-saving cancer re-

search.

Clearly, we are louder, stronger, and unstoppable TOGETHER!

Looking forward to what March will bring.

Sincerely,  
Jenny Palmateer, CEO



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 SOCCER: REGIONAL QUARTERFINALS	2	3	4	5 SOCCER: REGIONAL TOURNAMENT	6 Track & Field: District Certification Deadline
7	8 TGCA: Soccer Nominations Deadline, 12:00 p.m.	9	10 Golf: District Certification Deadline	11 SOCCER: STATE TOURNAMENT	12	13 Track & Field: Area Meet Deadline
14	15 GOLF: REGIONAL MEETS	16	17	18	19 TRACK & FIELD: REGIONAL MEETS	20
21	22 TGCA: Soccer Advisory Board Meeting, 6:00 p.m. Via Zoom	23 Softball: District Certification Deadline	24	25 SOFTBALL: BI-DISTRICT	26	27
28	29 TGCA: Track & Field Nominations Deadline, 12:00 p.m. TGCA: Golf Nominations Deadline, 12:00 p.m.	30	1 Tennis: District Certification Deadline	2 TRACK AND FIELD: STATE MEET	3 SOFTBALL: AREA	4

## TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information

on your profile except your school. Please check your coaching experience and add information as needed. We appreciate your help in this endeavor.

## TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field, softball cheerleading, soccer, golf and tennis are encouraged to nominate their deserving sub-varsity (grades 9-12) and middle school (grades 7-8) coaches for TGCA Sub-Varsity Coach of the Year and TGCA Middle School Coach of the Year in their respective sport and cheerleading. Sub-Varsity and Middle School coaches may coach

multiple sports, but they cannot be the varsity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year or Middle School Coach of the Year. Nominations should be done on-line, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day. Selections will be made by the Sub-Varsity Committee.



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The power to do more



## TGCA NEWS

TGCA News is the official newsletter of the Texas Girls Coaches Association

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**TGCA on the Web**  
Polls, as well as other current information, can be found on the TGCA website at: austingca.com.

**Did you move?**  
Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

**UIL eligibility / Sport rule questions**  
If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.



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